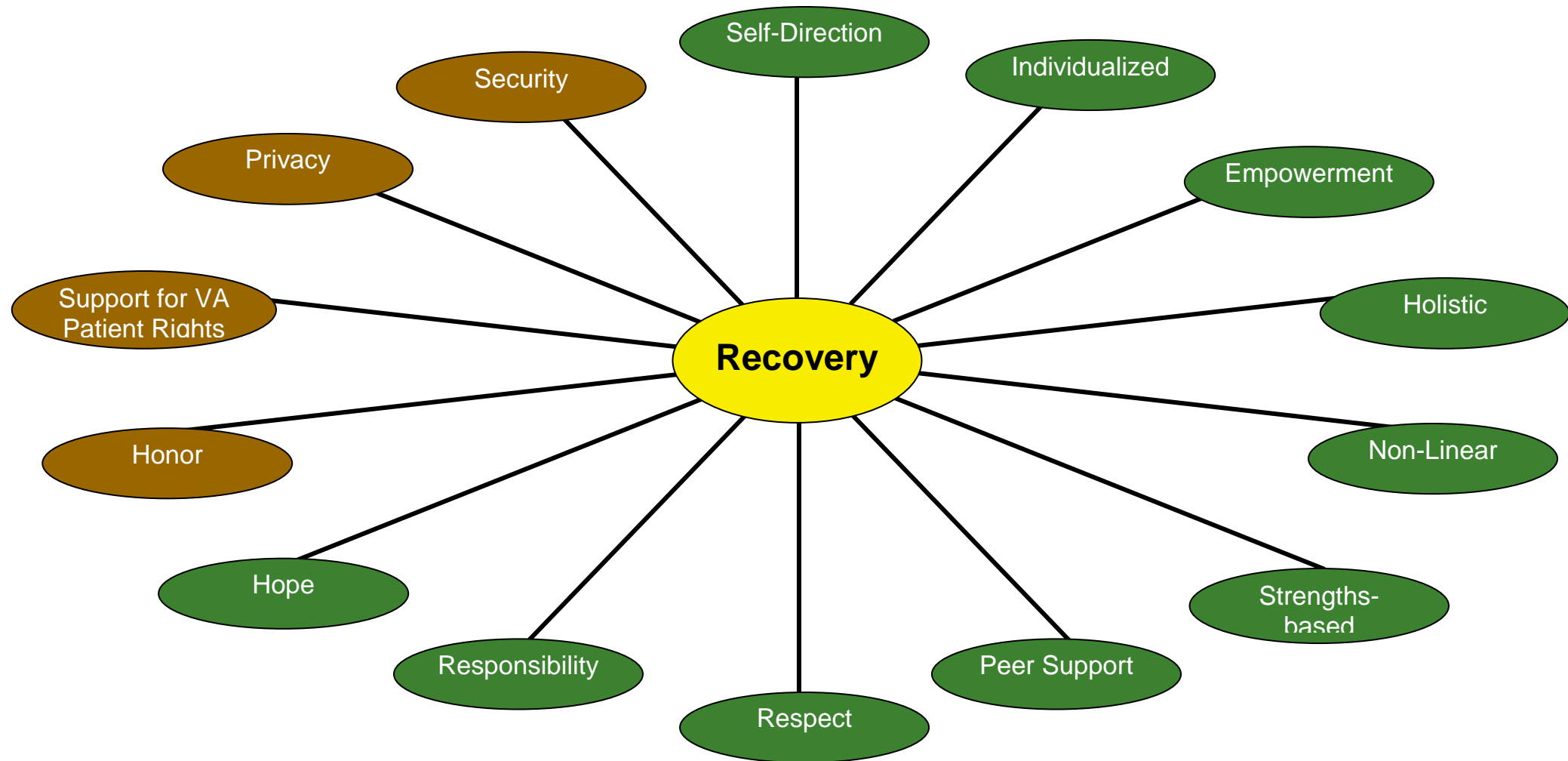


# Recovery Principles



*\*See next page for definitions of each principle.*

Self-Direction: The patient sets his/her own goals and determines the course of treatment.

Individualized and Person-Centered: Treatment plans are designed specifically for the individual and care is delivered in a way that focuses on the person being treated, and not the mental illness.

Empowerment: Patients are empowered to take charge of their lives.

Holistic: Treatment incorporates many aspects of a patient's well-being, such as emotional and spiritual health.

Non-Linear: The journey of recovery from mental illness follows the patient's priorities which may not be a linear pathway.

Strengths-based: The treatment plan notes and capitalizes on the patient's strengths.

Peer Support: Patients are able to participate in peer-led support services.

Respect: Patients are respected as people through-out the whole course of their treatment.

Responsibility: The patient bears responsibility for his/her choices, including recovery.

Hope: The treatment plan promotes hope of recovery from mental illness.

Privacy: Patients have a right to privacy, and the MH provider respects that right at all times.

Security: Patients have a right to a safe and secure environment of care.

Honor: Veterans are honored for their services to our country, and they are treated in a way that acknowledges that sacrifice.

Support for VA Patient Rights: Every aspect of clinical care upholds the rights of Veterans to considerate and respectful care, allowing access to information, participation in treatment, and avenues for lodging complaints.